

# The Tragic Effect of Uncorrected Spinal Malfunction

**M**any types of uncorrected stress to the spine can add to the relentless degenerative process associated with the Vertebral Subluxation Complex. When found elsewhere in the body, this process is also called osteoarthritis. In the spine it is referred to as Subluxation Degeneration.



## Few Symptoms Exhibited

This form of spinal decay is especially serious because pain or other obvious symptoms may not warn of its presence. However, some patients notice stiffness, "grinding" sounds when they turn, or have recurring pain. Like cancer, heart disease, or hypertension, considerable damage can occur by the time symptoms become obvious.



## The Hope of Correction

Instead of muscle relaxers or addictive pain pills, a better strategy is to help restore more normal position and function to the spine. Chiropractic doctors recommend this common sense approach. Specific chiropractic adjustments can help normalize spinal structure and function. This can help reduce or eliminate the body's need to "shore-up" the unstable joint with calcium deposits.

### Patient A

49-year old patient with advanced Subluxation Degeneration.



Patient A

### Patient B

75-year old patient with little or no Subluxation Degeneration.



Patient B

## The Promise of Prevention

It is thought that childhood traumas to the spine, such as learning to walk, falling out of bed, even natural childbirth, can start this process in motion. Ignored, or passed off as merely "growing pains", the tragic consequences can appear decades later. Because this condition worsens with time, early detection is important. That's why wise parents request periodic chiropractic checkups for their infants and children.



## Just Old Age?

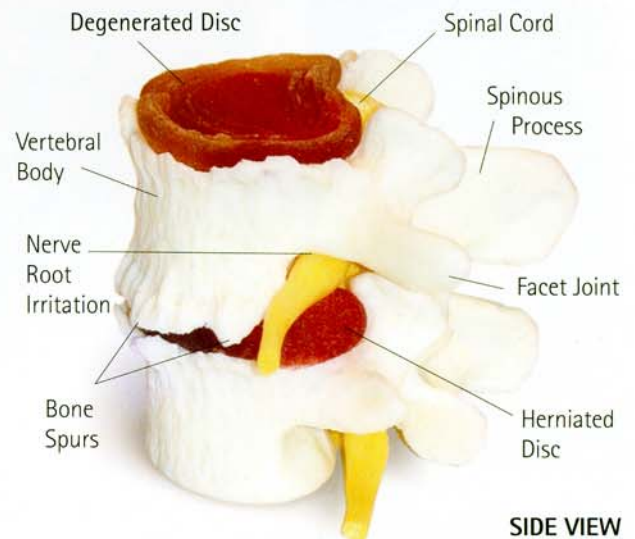
Because this condition is frequently observed in older patients, many believe that calcium deposition, bone spurs, and joint fusion are simply part of the aging process. Not true. There are many examples in which elderly patients show little trace of this degenerative condition. Subluxation Degeneration is the body's response to uncorrected trauma or damage to the spine.



## Like a Broken Bone

A car accident, slipping and falling, bumping your head and other common events can stress the spine by changing the position or movement of spinal bones. Instantly, the body begins splinting the unstable joint with new bone growth. Like mending a broken bone, the body transfers calcium to adjacent bone surfaces of improperly moving joints. Given enough time, these spinal joints can fuse together.

## Abnormal bony growth is a common response to uncorrected trauma or injury to spinal joints.



# Subluxation Degeneration

Use these views of *spinal decay* for comparison if diagnostic imaging was performed as part of your examination.

## textbook normal

**Physiology** — Normal curves with equal disc spacing. No visible signs of degeneration.

**Prognosis** — Regular chiropractic checkups are recommended for early detection and prevention of spinal decay.

## phase one

**Physiology** — Misalignment and malfunction with soft tissue damage and nerve irritation.

**Prognosis** — Return to near normal may be expected with appropriate chiropractic care.

## phase two

**Physiology** — Disc narrowing, calcium deposition, bone spurs and nerve irritation.

**Prognosis** — Slowing or stopping may be expected with appropriate chiropractic care.

## phase three

**Physiology** — Joint immobilization, bone fusion, nerve atrophy and scar tissue.

**Prognosis** — Slowing or stopping may be expected with appropriate chiropractic care.

neck



mid-back



lower back

